THOSE NEW PLANETS

Only 40 light-years away

metroSCIENCE

LIVE 88·5FM

LISTEN NOW!

Ottawa metro

OSCAR WEEKEND *Special*

OUR PICKS

Who *will* win
Who *could* win
Who *should* win

metroLIFE

Your essential daily news | WEEKEND, FEBRUARY 24-26, 2017 | High 3°C/Low 1°C Freezing rain

HALEY RITCHIE/METRO

GATINEAU

STO union job actions could escalate

Dylan C. Robertson
For Metro | Ottawa

Gatineau bus drivers are hinting at more intense labour disruptions, claiming that negotiations with the Société de transport de l'Outaouais (STO) are hitting an impasse.

Since Jan. 20, STO workers have been working-to-rule, refusing overtime hours and reporting buses for repairs, both of which combine to create a maintenance backlog that has led to STO cancelling scores of routes for commuters.

The union's contract expired in December 2014, and negotiations have focused on overtime and retirement pay. On Thursday, a dozen drivers picketed the STO's main office in Hull, drawing honks from drivers passing by.

The union has announced a day-long meeting March 1, where members will vote on whether to accept the federal government's offer to enter arbitration. The next day, both sides will say whether they'd accept arbitration, which is a judicial decision where the government will hear both sides and issue a binding decision.

Typically, if one or both sides reject arbitration, unions toughen their strike measures, like walking off the job entirely.

Meanwhile, the STO had planned a monthly public consultation for Thursday night, though the strike was not on the agenda.

THE CHANGING FACE OF ELGIN

Why it's happening and what it means, metroNEWS

metro NEWS

Your essential daily news

Livestream of giraffe birth at New York zoo pulled from YouTube for being 'explicit' VIDEO ON THE METRO APP

PUBLIC HEALTH

Naloxone spray a new anti-opioid weapon

The newest and maybe most important weapon in the current fight against opioid overdoses might be naloxone nasal spray.

It delivers the lifesaving drug faster than an injection kit.

Ottawa Public Health has been giving out naloxone, a life-saving drug that temporarily reverses an opioid overdose, since 2012.

"It had to be prescribed to somebody who was using, or was at risk for overdosing from, opioids," said Kira Mandryk, a public health nurse and supervisor OPH's harm reduction team.

But things have changed. Since the drug became non-prescription last year, Mandryk said, OPH has been able to give out naloxone kits — about 300 so far — along with training, to "basically anybody."

As of summer 2016, pharmacies are also able to give out naloxone kits and training, with 80 local pharmacies providing hundreds of them.

But the nasal-spray delivery system is an important advance to how the drug is administered.

Previously, a kit included ampoules of the drug and a syringe. A person would have to break the ampoule, draw up the drug into the syringe, and then inject it.

To find out where you can get naloxone, how to identify the symptoms of an opioid overdose and more, go to stopoverdoseottawa.ca. ADAM KVETON/FOR METRO

Naloxone nasal spray can be administered faster than anti-opioid injections. METRO

MEDIA

Metro Ottawa retains its strong position

Metro has solidified its position as the No. 2 newspaper in Ottawa as the national brand continues to be the most-read weekday paper in Canada, according to data released Thursday.

Vividata, the media industry's single-source, print and digital audience measurement released its survey results for the third quarter of 2016 on Thursday, based on surveys completed between October 2015 and September 2016.

The results show that Metro Ottawa has 124,000 daily print readers, well ahead of the third-place Ottawa Sun's 102,000.

Nationally, Metro's daily readership across seven English markets was steady at 1.68 million, making it again the most read weekday daily newspaper.

Elsewhere, in Vancouver, Metro has widened its lead over 24Hrs, holding the third place spot in the city with 297,000 daily print readers – up 3,000 over the previous quarter. Behind only the Toronto Star, Metro Toronto has an average weekday readership of 645,000. METRO

Rideau Canal skating season short, sweet

WINTER EVENTS

Skateway saw about 100,000 visitors in final 36 hours

Adam Kveton
For Metro | Ottawa

With another Rideau Canal Skateway season finished earlier than many might have hoped, early signs show it was in fact a strong season for skating and business.

The season lasted 36 days, with the canal open for skating 25 of those days. The entire skateway was open for 18 days.

Ice quality was also good on average, said Bruce Devine, senior manager of Skateway operations at the NCC.

And compared to last year's season, the shortest on record, at 18 days, Devine said, "I think this year was successful."

A feather in the skateway crew's cap was its last day, which saw the first ice dragon boat races and 150 games of shinny hockey in celebration of Canada's 150th, Devine said.

On average, more than 24,000 people were on the ice per day this season. That's up from the usual 20,000 per day average, according to NCC stats.

The skateway's last 36 hours of operation were particularly strong, with about 100,000 people using the surface.

Ice dragon boat races and over 150 games of shinny hockey anchored the final successful days of the Rideau Canal's 2017 winter season. EMMA JACKSON/METRO

As for businesses operating on the skateway, BeaverTails founder Grant Hooker said this year was shorter than he had hoped, but long enough to be worthwhile for the company.

"The 2016 season made the 2017 season seem like a bed of roses," said Hooker. "Or at least a much more comfortable bed."

He likens operating on the skateway each year to farming.

"You put your crops in, in the hopes that the weather will be agreeable, and then you wait to see what happens."

Asked if he's worried that shorter seasons like this could become the new normal, he said that the memory of the 2015 season, which set a record for 59 consecutive skating days, encourages him not to worry.

BY THE NUMBERS

36

The Rideau Canal's winter activity season lasted 36 days.

25

Throughout the canal's season there were a total of 25 skating days.

18

In total, there were 18 days where the skateway was fully open for use.

24k

An average of 24,000 people used the skateway per day.

20k

This mark is up from the year-to-year average of 20,000 ice skaters who were able to enjoy the outdoors.

Now borrow up to $15,000 with an Installment Loan.

For a new way to get there.

Visit a store for details. moneymart.ca

We can help. Money Mart

Installment loans offered in select provinces only. Loan principal amounts vary between $1,000 and $15,000 based upon income and other qualification requirements, including a credit check. Loan term is based on the amount borrowed. Loans have terms of 12 to 60 months with payments scheduled based on your income deposit dates at the time of loan origination. The APR for the loans is 59.9%. Ask a Money Mart Customer Service Representative for details. MONEY MART® is a registered service mark of National Money Mart Company. © 2016 National Money Mart Company. All rights reserved.

Overhauling Elgin Street

IMPROVEMENT

Community leaders talk trends, future of the area

Dylan C. Robertson
For Metro | Ottawa

If you think Elgin Street just ain't what it used to be, you're not imagining things. More than a dozen businesses on the commercial thoroughfare have either closed or rebranded themselves in the past two years, according to a Metro analysis.

With Elgin preparing for a drastic overhaul, Metro talked to proprietors and community leaders associated with the area about what accounts for the changes, whether they're occurring at an unhealthy rate, and what the future holds for the street.

Three themes recurred in many conversations: rising rent, the upcoming renovation, the need to establish a business improvement area.

Rising rents

Some of the Elgin Street businesses Metro spoke to cited commercial rents, which In Ottawa generally require a five-year commitment, by way of explaining why they pulled the plug before times got tough.

Oz Kafe closed its doors last June after 12 years on Elgin. As the business's profile rose, so did its rent. Gold Medal Plates awards in 2012 and 2013 brought tourists from across Canada to Balpinar's establishment, just as her landlord's fees started tripling.

"The landlords are getting greedy, and the only people who can actually afford it are the people who have a corporation behind them," said Balpinar, who plans to reopen within two months inside a ByWard Market heritage building. "You work so hard to establish a spot; the last thing you want to do is just take it out of the neighbourhood."

Looming construction

Pending a spring vote, the city is set to widen Elgin's crumbling sidewalks and halve its parking spots, making way for benches, cyclists and buses. Construction could start in 2019.

Local councillor Catherine McKenney is pushing for fencing to keep Elgin pleasant. She notes the online consultation netted 1,090 responses. "People across the city care about Elgin St," she says. "Everyone loves Elgin."

Gloria McCann, co-owner of Al's Steakhouse, admits contradictory feelings. While Elgin desperately needs a new look, she said, she can't bear to see her road torn up.

"What's gonna happen to the mom-and-pop shops?" she said.

"We have to do it," Balpinar said of the refresh. She recalled cancelling a Saturday dinner service after a decades-old water main burst. Yet she fears a "terrifying" long-term closure will "kill a lot of the independent businesses."

No BIA

Multiple entrepreneurs pointed out Elgin has no Business Improvement Area. Enacted through provincial law, BIAs charge membership fees to act as spokespeople, political advocates and promotional agents for businesses. Some run events, others advertise and lobby City Hall for street improvements.

BIAs "almost always created out of conflict," said Zachary Dayler, head of the Wellington West BIA, which itself formed in opposition to controversial road construction. He said an Elgin Street BIA could use advertising and other means to make up for the loss of , tourist traffic that will inevitably accompany the construction.

"Ottawa's good for museums and Parliament, but not at marketing its neighbourhoods to tourists," he said.

MAPPED | Elgin Street establishments of yore

1 Maxwell's
340 Elgin St.
Date closed: January 2016
Current status: replaced with Pure Kitchen vegetarian bistro

2 Boushey's Fruit Market
347 Elgin St.
Date closed: July 2016
Current status: replaced by Quickie's convenience store franchise

3 Fresco Bistro Italiano/ Guest room
354 Elgin St.
Date closed: January 2017
Current status: to be replaced by The Captain's Boil franchise

4 @Home
231 Elgin St.
Date closed: Autumn 2016
Current status: replaced by The Whalesbone's second location

5 Slice and Co.
399 Elgin St.
Date closed: Not closed.
Current status: Under renovation as of January 2017

6 Izakaya
339 Elgin St.
Date closed: Not closed/ rebranded
Current status: replaced by The Waverley, same owner

7 Mags and Fags
254 Elgin St.
Date closed: Not closed
Current status: rebranded Sept 2016 as The Gifted Type; same management

8 Oz Kafe
361 Elgin St.
Date closed: June 2016
Current status: Relocated to ByWard Market

9 Elgin Video
258 Elgin St.
Date closed: May 2015
Current status: recently opened Tokyo Shop

10 Hill Cleaners
244 Elgin St.
Date closed: Summer 2016
Current status: replaced by Pot & Pantry kitchen store in fall 2016

11 Wendy's
200 Elgin St.
Date closed: Late 2014
Current status: Replaced in summer 2015 by Clocktower Brew Pub franchise (local chain)

12 Mayflower Restaurant and Pub
247 Elgin St.
Date closed: October 2013
Current status: replaced by Deacon Brodies Scottish Pub

13 Era Nightclub
380 Elgin St.
Date closed: 2015
Current status: replaced by Datsun pan-Asian restaurant

DEVELOPMENT

Little Italy highrise proposed

A developer has asked the city for permission to build a 25-storey condo tower in Little Italy, which would be visible from Highway 417 and Prince of Wales Drive.

Sakto Corporation wants to build 175 rental apartments onto its existing complex of offices, restaurants and housing at Preston and Aberdeen Streets. The company wants an exemption to the area's 15-storey limit.

The application, set to go before the city's planning committee Tuesday, also seeks to add a ninth floor to its existing Adelaide building.

DYLAN C. ROBERTSON/FOR METRO

FOOD

Brace yourself for cold dining

If sitting outside in the wintertime is your idea of fun — and you don't mind your food chilled — the city may be about to do you a big favour.

The Right of Way Patio bylaw would extend the traditional patio season beyond the spring and summer months. November through March is the time-slotted for the new period, as requested by the city's Right of Way, Heritage and Urban Design Services.

"We're hoping to animate the public space in the winter and encourage that sort of positive use of the public space," said Linda Carkner, program manager of Right of Way Information and Approvals.

Cafés and restaurants have expressed their interest in outdoor serving in the winter time, especially for events like Winterlude, St. Patrick's Day and next year's Grey Cup, Carkner said.

SARAH DAVIES/FOR METRO

Université d'Ottawa | University of Ottawa

Centre for Continuing Education

Over 150 innovative and customized training courses and certificates geared to your professional needs.

- University-level Certificates of Professional Development
- Project Management Institute (PMI)® Global Registered Education Provider
- Customized Group Training

Visit our website at
www.continue.uOttawa.ca.

Centre for Continuing Education
613-562-5802 | continue@uOttawa.ca

uOttawa

Swiss Pastries owner responds to lockout

SMALL BUSINESS

Manufacturing halts at baking facility after late payment

Adam Kveton
For Metro | Ottawa

Five days late on a lease payment. That, claims Swiss Pastries owner Siegfried Heilemann, is the reason he was given for being barred from his business's manufacturing facility and company records.

Heilemann said in an interview that he admits to being late with a payment to former Swiss Pastries owner Connie Zuberbuehler, who still owns the company's manufacturing facility at 1423 Startop Rd.

He claims he communicated to Zuberbuehler he'd be late on his payment and thought there would be no problem.

But Heilemann said he discovered late on Feb. 10 that the locks at the Startop facility had been changed. He said he went down to the facility and found security guards blocking his way.

"It wasn't a good feeling," said Heilemann.

Though he feels he's been tricked, Heilemann said, he does not have the money to go to court. Instead, he chose to post his side of the story in an open letter on the Swiss Pastries website.

"I am not the one who ran this company into bankruptcy or closure," he said.

In an interview on Wednesday, Zuberbuehler confirmed she locked Heilemann out of the Startop facility, but said she had a legal right to do so, and denied that the late rent payment was the sole reason.

Swiss Pastries owner Siegfried Heilemann. ADAM KVETON / METRO

Only 'til Feb 28

Last chance.

6GB of data for only $35/month, plus a $0 ZTE phone – don't miss out.

Our incredibly low-priced offer is back, but not for long. Join today and start saving!

$45 $35 PER MONTH FOR 10 MONTHS

6GB*

• Unlimited Canada/U.S. talk
• Unlimited global text

$0 ZTE on MyTab

Freedom mobile

freedommobile.ca

Learn more at freedommobile.ca. The Smartphone 45 LTE plan is available for a limited time and is subject to change or cancellation without notice. ***6GB of data includes 3GB of bonus data per month. Bonus 3GB will only be applied to the plan until January 31, 2018.** The $100 service credit offer and $99 MyTab Bonus offer on the ZTE Grand X 4 are available until February 28, 2017 and are subject to change or cancellation without notice. To be eligible for the $100 service credit, you must activate a new Pay Before or Pay After line on an "Eligible Plan" (Smartphone 45 LTE, Everywhere 45, or Everywhere 55 plan). A $10 monthly credit will be applied to your account for up to 10 months to a maximum of $100. The credits will start to be applied to your account as a top-up before tax on your 2nd top-up date (for Pay Before customers) or as a bill adjustment before tax on your 2nd bill (for Pay After customers). To be eligible for the $99 MyTab Bonus offer, you must activate a new service or upgrade your phone to a ZTE Grand X 4 on MyTab and sign up on an Eligible Plan. MyTab terms and conditions apply. In addition, a downgrade fee of up to $99 will be charged if you switch to any plan other than an Eligible Plan within 24 months of activation or upgrade. The amount of the downgrade fee will be prorated based on the number of months left in the 24 month term. These offers may not be combined with any other in-market offer, with some exceptions. Additional terms and conditions apply. ZTE and ZTE Grand X 4 are registered trademarks or trademarks of ZTE Corporation. Screen image simulated. The Freedom Mobile name and logos and other words, titles, phrases, marks, logos, icons, graphics are trademarks of, or are used under license by, Freedom Mobile Inc.

MUSIC

An orchestra's spin on gaming, anime

A local orchestra is showing there's a place for Pikachu and Totoro among their strings, horns and brass.

The University of Ottawa Pop Orchestra is holding their first video game and anime concert on Saturday. It's an impromptu event spawned from the growing group's first ever paid gig, a performance at the G-Anime expo in Gatineau on Jan. 21.

After a swell of positive feedback, the orchestra decided to bring their performance to the masses, said Mathieu Roy, executive director of the group.

Roy founded the orchestra in 2012 as an option for musicians who weren't necessarily pursuing a career in music.

"A lot of people are actually classically trained, so for them it's something completely different," said Roy.

They've performed music from West Side Story, Harry Potter and Star Trek, in addition to classical staples.

"Now people are actually really just as excited to play a movement from Beethoven as they are to play something from Star Wars," he said. It also encourages new audience to check out orchestras, said Roy.

"There is this big stigma going around: 'Oh, classical music, it's hard, it's not really accessible if you're not in the know,' and things like that. But if you think about it... you are surrounded by classical music all the time," he said. It's used in commercials and cartoons like Bugs Bunny.

Now instead of Elmer Fudd introducing you to Richard Wagner, this orchestra can be your gateway to Howl's Moving Castle.

ADAM KVETON/FOR METRO

Mathieu Roy as Spark from Pokemon Go. CONTRIBUTED

PHOENIX PAY SYSTEM

Unions seek workers' contingency fund

Three federal public service unions are calling on the Liberal government to include a $75-million contingency fund in the coming budget to help address the Phoenix pay system fiasco.

The Public Service Alliance of Canada, the Professional Institute of the Public Service of Canada and the Canadian Association of Professional Employees say the fund would help ensure workers are paid correctly and on time.

Chris Aylward, PSAC's national executive vice-president, says the pool would help expand the capacity of departments to address Phoenix pay-system challenges.

Earlier this week in the House of Commons, Public Services Minister Judy Foote said it is "totally unacceptable" employees are going without pay for their work.

She says an injustice was done to employees by the Conservative government, adding the Liberals are now trying to ensure workers have a better payroll system than ever. THE CANADIAN PRESS

Study shows plight of detained Canadian kids

REFUGEES

One boy spent 803 days in an immigration holding centre

Canada has placed more than 200 Canadian children in immigration detention with their non-status parents since 2011, alongside hundreds of formally detained non-Canadian children, says University of Toronto study.

Based on data obtained from the Canada Border Services Agency, the U of T International Human Rights Program found at least 241 Canadian-born children — an average of 48 a year — were held in the immigration holding centre in Toronto between 2011 and 2015. The data do not cover detention facilities in other parts of Canada. On average, they spent 36 days at the detention centre with their incarcerated parents, with one boy spending 803 days — over two years — in the detention facility.

Lena Alexander, a failed refugee from Grenada, was held at the immigration holding centre with her Canadian-born children Crystal and Dameon in 2005. TORSTAR NEWS SERVICE

Two-thirds of the detained children were housed there for longer than a week and about 31 per cent were held for longer than a month. Eighty-five per cent of the children were under age 6.

"Children who experience even brief periods of detention have extremely negative psychological reactions that often persist long after they are released," warned the 63-page study, Invisible Citizens: Canadian Children in Immigration Detention, released Thursday.

"Children who are spared detention but are separated from their detained parents experience similarly grave consequences for their mental health."

Interviews by researchers with nine detained and formerly detained mothers of Canadian children from the Middle East, West Africa, Central America and the Caribbean found the children had difficulty sleeping, lost their appetite, lost their interest in play, and developed symptoms of depression and separation anxiety, as well as a variety of physical symptoms.

"Many of these symptoms persisted after release from detention," the study warned.

According to the border services policy, Canadian children should only accompany their detained parents if there are no family members or friends to care for them, if they are still being breastfed, are too young to be separated from parents or have health issues.

"Canadian children are invisible in Canada's immigration detention system," said Samer Muscati, the human rights program's director. "While all detention of children is horrible, these children are particularly vulnerable because they lack important legal safeguards, including their own detention review hearings."

Under immigration law, these Canadian-born children are citizens and cannot be formally detained, hence they are unable to access legal proceedings that review their continued "de facto" detention, said Muscati.

TORSTAR NEWS SERVICE

BORDER CRISIS

Manitoba steps up to help asylum seekers

Jessica Botelho-Urbanski
For Metro | Winnipeg

After calling on the federal government to adopt a "coordinated approach" in dealing with the influx of asylum seekers, the premier of Manitoba announced his own plans to dispatch emergency resources on Thursday.

Premier Brian Pallister and Minister of Education and Training Ian Wishart announced 14 emergency beds, $70,000 in funding for MANSO (the Manitoba Association of Newcomer Serving Organizations) and $110,000 for Welcome Place in 2017-2018.

The money for MANSO will be put toward hiring a refugee response coordinator, while the funding for Welcome Place will provide more access to support services, like paralegal advice and transportation from Emerson to Winnipeg, for refugee claimants.

"Manitobans have never, ever turned their backs on people," said Pallister.

Extra paramedics will also be placed in the community of Emerson. They will assist volunteer emergency service providers already on the ground, Wishart said. He could not confirm how many would be dispatched.

Author Boyden facing plagiarism allegations

Controversy continues to follow Canadian author Joseph Boyden. Accusations of similarities between one of his texts and a story by an Ojibway storyteller have now surfaced, barely a month after the authenticity of his indigenous identity came under question.

An article by Jorge Barrera published by APTN focuses on similarities found in a small book by healer and storyteller Ron Geyshick called Te Bwe Win and a story titled "Bearwalker" that appeared in Boyden's 2001 short-story collection Born With a Tooth.

Boyden denies he copied the story. TORSTAR NEWS SERVICE

THE HOME DEPOT®

Savings for every budget

More saving.
More doing.

SPECIAL BUY
$1.67 per sq. ft.
12MM
HOME DECORATORS COLLECTION
Rodenbach Oak Laminate Flooring
(1001003564) Sold by 16.11 sq. ft. case.
While quantities last.

SPECIAL BUY
$1.78 per sq. ft.
traffiMASTER
12" x 24" Ancona Bone Tile
(1001015119) Sold by 13.56 sq. ft. case.
While quantities last.

SPECIAL BUY
$15.97
3-Drawer Tower (1001028695)
While quantities last.

SPECIAL BUY
$5.97
49L Clear Flip-Top Tote
• Black lid (1001033636)
While quantities last.

$27.77
18" 5-Shelf Storage Unit
• Black (1000846834)

SPECIAL BUY
$199
5-Piece RYOBI® 18V Combo Kit
(1000851195) While quantities last.

SPECIAL BUY
$29.98
90-Piece RIDGID® Accessory Kit
(1001013631) While quantities last.

SPECIAL BUY
$34.98
BOSCH® 35' Laser Distance Measurer
(1001023111) While quantities last.

SPECIAL BUY
$127
DEWALT® 20V MAX Brushless Compact Drill
(1001016182) While quantities last.

ALSO AVAILABLE IN GREY AND DIFFERENT SIZES
SPECIAL BUY
$139
MILWAUKEE® M12 Heated Jacket Kit • Black, Large
(1001018492) While quantities last.

FW-04: METRO TORONTO, OTTAWA, EDMONTON, CALGARY

Prices valid until Wednesday, March 1, 2017. **Offer valid at The Home Depot Canada.** Not valid in combination with any other offer. Some exceptions may apply. Selection varies by store and quantities are limited. Offer valid to Canadian residents only. No substitutions or rain checks. See store associate or Special Services Desk for details or visit homedepot.ca. **We reserve the right** to limit quantities to the amount reasonable for homeowners and our regular contractor customers. ©2017, Home Depot International, Inc. All rights reserved. ®Registered trademark of Home Depot International, Inc. Used under license.

©2017, Home Depot International, Inc. • 02/17 • FW-04

Sun Kissed
SALE!
Book by February 28
SAVE
UP TO $1000†
transat
SUN PACKAGES
Flights, transfers & 7 nights all inclusive resort · Taxes & fees included
Varadero
$799
Villas Jibacoa 3★
April 8 & 15
Puerto Plata
$949
Casa Marina Reef Resort 3 1/2★
March 17, 24 & 31
Puerto Plata
$1099
Cofresi Palm Beach & Spa Resort 4★
March 17 & 24
Cayo Santa Maria
$1199
Hotel Cayo Santa Maria 4★
March 3 & 17
Cayo Coco
$1199
IBEROSTAR Playa Pilar 4★
March 16 & 23
Varadero
$1249
Meliá Peninsula Varadero 4 1/2★
March 18 & 25
Cayo Coco
$1279
Pestana Cayo Coco Beach Resort 4★
March 9
Riviera Maya
$1499
Catalonia Yucatan Beach Resort & Spa 4★
March 21
Punta Cana
$1569
Grand Bahia Principe Turquesa 4 1/2★
March 26, 29, April 2 & 5
FLORIDA PACKAGE
Flights, car* & 7 nights hotel
Taxes & fees included
Kissimmee
$779
Florida Holiday Homes 3★
3 Bedroom Pool Home
Quad. Occ. · March 23
Visit transat.com or contact your travel agent for more great deals.
marlin travel
www.marlintravel.ca
Vacation savings start with AIR MILES® Cash!
†Savings of up to $1000 per couple is applicable to Casa Marina Reef Resort, for departures March 17, 24 & 31, 2017. Savings reflected in advertised price. Sun Kissed Sale is valid on new bookings from February 3 to 28, 2017, for travel until April 30, 2017. **Flights are from Ottawa** via Air Transat in economy class. Prices shown are per person, based on double occupancy in lead room category, unless otherwise stated, including applicable taxes & fees. Prices advertised are valid February 24 to 26, 2017 only. *Hertz minivan for 7 days included. Limited seats available at prices indicated: 20 per departure. For full descriptions and terms and conditions refer to transat.com. Transat is a division of Transat Tours Canada Inc., and is registered as a travel wholesaler in Quebec (Reg # 754241) with offices at 300 Léo-Pariseau Suite 500, Montreal, QC H2X 4C2. Marlin Travel is a division of Transat Distribution Canada Inc. ON Reg. #50015084. BC Reg. #23567. Head Office: 191 The West Mall, Suite 700, Etobicoke, ON, M9C 5K8. ®™Trademarks of AIR MILES International Trading B.V. Used under license by LoyaltyOne, Co. and Transat Distribution Canada Inc. Travel agency fees may apply.

Free speech is alive and well in U.S.

Rosemary Westwood has relocated from Canada to the U.S. She chronicles her observations in a weekly column with Metro.

ROSEMARY WESTWOOD
From the U.S.

Everyone loves a hypocrite, which is to say, hates. Hates with pleasure, really, and never more so than in politics.

Enter the left-wing glee this week when Milo Yiannopoulos lost his book deal, lost his job at the extreme right wing website Breitbart, and was kicked off the program for the Conservative Political Action Conference.

For the avowed free-speech loving right-wing of American politics, Yiannopoulos's resurfaced support of sex between men and 13-year-old boys was a bridge too far, and in rejecting him, they tripped over the "acceptable speech" line so many had, in their own glee, raged against for years.

Down came the implicit support for the extreme right, though not for conference-sponsor Breitbart itself, and out went white supremacist Richard Spencer when he tried to enter the conference on Thursday.

If this all sounds a little college lefty, safe-space-esque, "we don't condone that kind of talk here," that's because it is. And in becoming what they supposedly detest, a great swath of extreme right sympathizers masquerading as first-amendment lovers have been undone.

But the proof that no one need fear for the state of free speech, especially not anti-immigrant, anti-gay, anti-woman, anti-Muslim and anti-Black speech, came in it's most abundant, outrageous and glowing orange from a year and a half ago in Donald Trump himself. If Trump, who possesses an uncanny ability to mix pointed insults with otherwise inscrutable speech, could find himself in the oval office, America's problems do not include threats to right-wing free speech.

Milo Yiannopoulos announces his resignation from Breitbart News during a press conference in New York City. After comments he made regarding pedophilia surfaced in an online video, Yiannopoulos was uninvited to speak at CPAC and lost a major book deal with Simon & Schuster. GETTY IMAGES

Shutting down Yiannopoulos' campus talks or criticizing publishers or firing that nonprofit director who called Michelle Obama an "ape in heels" — these are not attacks on free speech. They are simply evidence of consequence. As in, individual responsibility, or the right's political raison d'etre.

It's somewhere on the spectrum of irritating to outright infuriating that I, and thousands of people on Twitter, feel the need to keep pointing out this idea of consequence, as well as the fact that no one is obliged to listen to you.

When I ran all this by a friend the other day, he shook his head in disgust at the very idea of spending a whole column, like this, yet again discussing the first amendment.

"Everyone talks about free speech," he said. "What about good ideas?"

What, indeed.

The cultural focus on what one can say does seemed to have drowned out questions about what's really worth listening to. Richard Spencer was swarmed by media as he was kicked out of CPAC. Yiannopoulos has found fame through bigotry. Donald Trump, well, we all know what happened to him.

And it wasn't a good idea.

150 WAYS of looking at Canada

POSTCARD NO. 24

LAKE O'HARA, YOHO NATIONAL PARK, B.C.

THIS SCENIC GEM IS MY FIRST CHOICE OF "MUST SEE PLACES." THIS PROTECTED AREA OFFERS GREAT HIKING TRAILS, CAMPING, AND MORE. THE NATURAL BEAUTY IS UNSURPASSED AND A PHOTOGRAPHERS DREAM TO CAPTURE AMAZING LANDSCAPES, FLORA, BIRDS AND ANIMALS. EACH ADVENTURE THERE IS A MARVEL TO ENJOY NATURE AT ITS BEST. **JOHN SEIDLE**

Immigrants brace for arrests

DEPORTATIONS

U.S. crackdown prompts many to change up daily routines

In Orange County, California, dozens of immigrant parents have signed legal documents authorizing friends and relatives to pick up their children from school and access their bank accounts to pay their bills in the event they are arrested by immigration agents.

In Philadelphia, immigrants are carrying around wallet-size Know Your Rights guides in Spanish and English that explain what to do if they're rounded up.

And in New York, 23-year-old Zuleima Dominguez and other members of her Mexican family are careful about answering the door and start making worried phone calls when someone doesn't come home on time.

Around the country, President Donald Trump's efforts to crack down on the estimated 11 million immigrants living illegally in the U.S. have spread fear and anxiety and led many people to brace for arrest and to change up their daily routines in hopes of not getting caught.

Jeanette Vizguerra, an undocumented immigrant in the U.S. for 20 years, has taken refuge in a church in Denver, Colorado, with her family for fear of being deported. AFP/GETTY IMAGES

In El Paso, Texas, Carmen Ramos and her friends have developed a network to keep each other updated via text messages on where immigration checkpoints have been set up.

She said she also is making certain everything she does is in order at all times. She checks her taillights before leaving the house to make sure they are working. She won't speed and keeps a close eye on her surroundings.

"We are surprised that even a ticket can get us back to Mexico," said the 41-year-old Ramos, who with her husband and three children left Ciudad Juarez because of drug violence and death threats in 2008 and entered the U.S. on tourist visas that have since expired. "We wouldn't have anywhere to return."

An undocumented Guatemalan migrant mother and her son have called an Austin, Texas, church home for more than a year. Hilda Ramirez says they were fleeing the danger of their country and were caught by immigration authorities as they illegally crossed the border at Texas in 2014. After they were released from a holding facility, a pastor allowed them to live on church grounds.

The unease among immigrants has been building but intensified in recent weeks with ever-clearer signs that the Trump administration would jettison the Obama-era policy of focusing mostly on deporting those who had committed serious crimes.

The administration announced Tuesday that any immigrant in the country illegally who is charged with or convicted of any offence, or even suspected of a crime, will now be an enforcement priority. That could include people arrested for shoplifting or other minor offences, or those who simply crossed the border illegally.

THE ASSOCIATED PRESS

IMMIGRATION

Trump, aides not eye to eye

Seeking to tamp down growing unease in Latin America, U.S. Homeland Security Secretary John Kelly pledged Thursday that America won't enlist its military to enforce immigration laws and that there will be "no mass deportations."

Only hours earlier, President Donald Trump suggested the opposite. He told CEOs at the White House the deportation push was a "military operation."

Kelly said all deportations will honour human rights and follow the U.S. legal system. He said that includes multiple appeals offered to those facing deportation. Kelly said the U.S. approach will involve "close coordination" with Mexico's government. "There will be no use of military forces in immigration," Kelly said. "There will be no mass deportations."

Yet while Kelly tried to alleviate Mexico's concerns, Trump was fanning them further with tough talk about "getting really bad dudes out of this country at a rate nobody has ever seen before." THE ASSOCIATED PRESS

RBC TOP25 CANADIAN IMMIGRANT Awards

NOMINATE SOMEONE TODAY!

Canada is a country of immigrants. Celebrate Canada's 150th year by nominating an inspiring immigrant, who has made a positive impact in Canada, for this coveted national award!

Newly included this year is our youth award to recognize our outstanding Young immigrants!

Nominations Close Feb. 27, 2017

To Nominate, Visit
canadianimmigrant.ca/rbctop25

CANADA 150

Title sponsor: RBC Royal Bank
Presented by: CANADIAN IMMIGRANT
Media sponsors: Toronto Star, metro, BNN, Focus, CBC

JOB FAIR 2017
FOIRE DE L'EMPLOI

EMPLOYMENT ONTARIO
EMPLOI ONTARIO

It pays to recruit with Employment Ontario · C'est payant de recruter avec Emploi Ontario

SHENKMAN ARTS CENTRE
CENTRE DES ARTS SHENKMAN
245, Boul. Centrum Blvd, Orleans, Ontario

Wednesday, March 1st 10:00 am to 2:00 pm
Mercredi, 1er mars 10h à 14h
emploiontario@focilec.on.ca

BRING COPIES OF YOUR RESUME AND COME MEET EMPLOYERS. STUDENTS ARE WELCOME!
APPORTEZ DES CV ET VENEZ RENCONTRER LES EMPLOYEURS. BIENVENUE AUX ÉTUDIANTS!

CAMELOT, OakWood, ISC Sanitation, Roy., Calypso, Sun Life Financial, Nurse Next Door, LRO Staffing, Eldene, Hooper Holmes, BGRS, GoodLife Fitness, talentcor, Ottawa, GlassMate, quantum, the co-operators, CASSELVIEW, Boyer Juste, MiFO, LA CITÉ

AND more... et plus...

metro SCIENCE

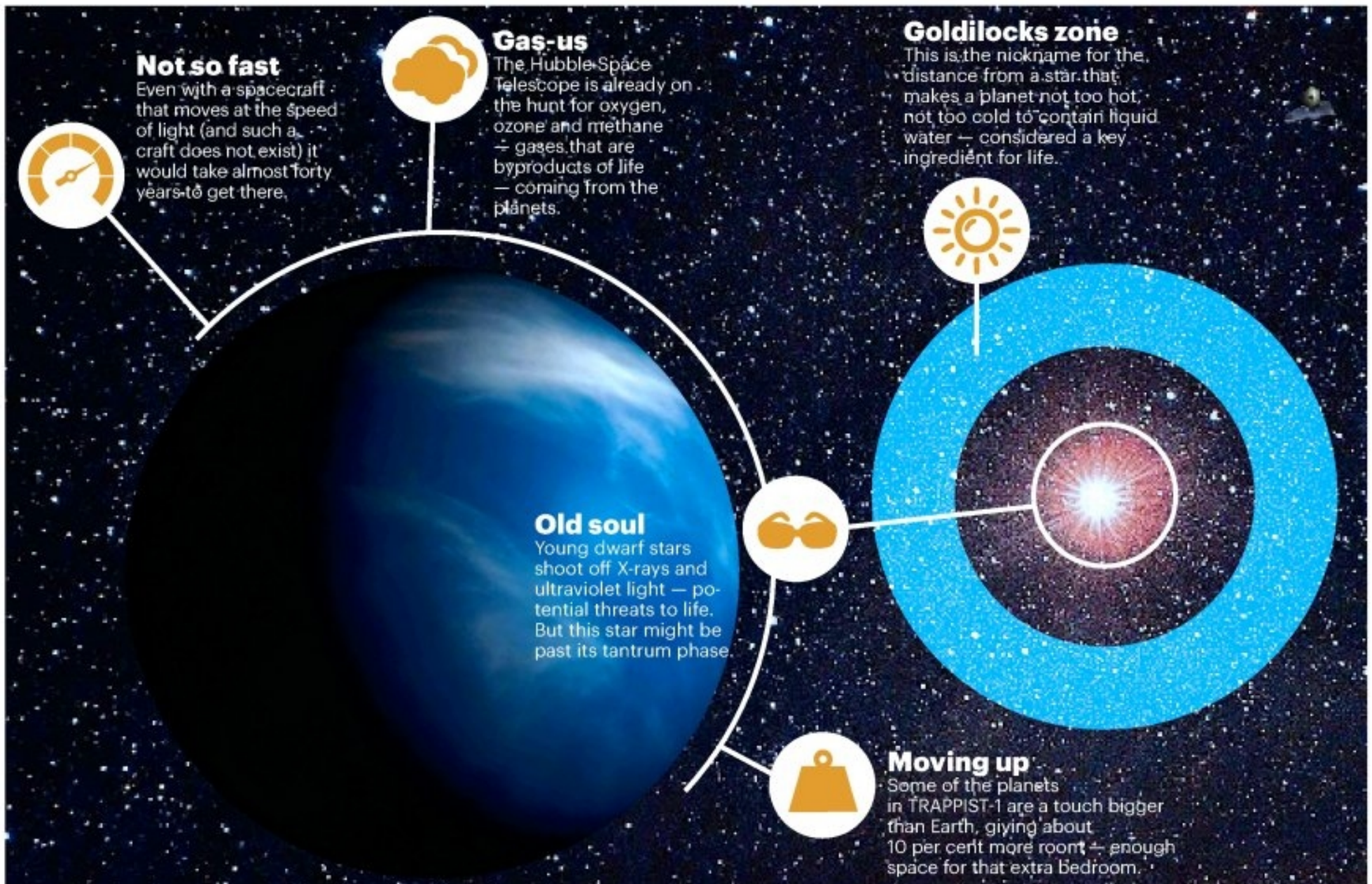
Your essential science news

Major Mickey 20 live mice arrived at the International Space Station this week to test how wounds heal in zero gravity

DECODED by Sarah-Joyce Battersby and Andrés Plana

BACKUP PLANET

Scientists discovered seven Earth-sized planets a mere 40 light-years away from us — at least three of which could theoretically support life as we know it. **So should we start packing our bags?**


Not so fast
Even with a spacecraft that moves at the speed of light (and such a craft does not exist) it would take almost forty years to get there.
Gas-us
The Hubble Space Telescope is already on the hunt for oxygen, ozone and methane — gases that are byproducts of life — coming from the planets.
Goldilocks zone
This is the nickname for the distance from a star that makes a planet not too hot, not too cold to contain liquid water — considered a key ingredient for life.
Old soul
Young dwarf stars shoot off X-rays and ultraviolet light — potential threats to life. But this star might be past its tantrum phase.
Moving up
Some of the planets in TRAPPIST-1 are a touch bigger than Earth, giving about 10 per cent more room — enough space for that extra bedroom.

FINDINGS
Your week in science

The Eagle takes flight
The Apollo 11 command module is going on a road trip. The capsule took Neil Armstrong and Buzz Aldrin to the moon in 1969, but has mostly stayed put at the Smithsonian in D.C. since its historic journey. The tour will hit four U.S. cities ahead of the 50th anniversary of the lunar mission.

Stuck on you
Juno, NASA's Jupiter orbiter, is taking four times longer than expected to circle the gas giant. Some valves on the craft are sticky, upping the 14-day journey to 53 days, and boosting the billion-dollar bill.

Philosopher cat now at www.mymetrostore.ca

metro Your essential daily news

CHIEF OPERATING OFFICER, PRINT Sandy MacLeod
VICE PRESIDENT & EDITOR Cathrin Bradbury
EXECUTIVE VICE PRESIDENT, REGIONAL SALES Steve Shrout
MANAGING EDITOR OTTAWA Matt LaForge
ADVERTISER INQUIRIES adinfoottawa@metronews.ca
General phone 613-236-5058

Veins & Pain? Think Again!
Painful, large varicose veins?
Ultrasound-guided injections will eliminate them without surgery.
Broken capillaries on your legs or face?
Eliminate them with simple saline injections.
DR. BEAUPRÉ VEIN/VARICES CLINIQUE
1335 Carling Ave., Suite 600 • 613-722-0101 • drbeaupreveinclinic.com
Dr. Lucie Beaupré

metro WEEKEND
Your essential daily news
MOVIES MUSIC TELEVISION DIGITAL

‘Social thriller’ tackles racism

GET OUT

Jordan Peele turns lens on racial tension in film debut

Richard Crouse
For Metro Canada

Jordan Peele learned how to scare people by making them laugh. As characters like Funkenstein’s Monster on the popular sketch show Key & Peele he investigated popular culture, ethnic stereotypes and race relations through a satirical lens.

Get Out, his directorial debut, however, contains few laughs. By design. It’s a horror film about college students Rose and Chris, played by Allison Williams and Daniel Kaluuya. Things are getting serious and it’s time to meet the parents. “Do they know I’m black?” he asks. She assures him race is a non-issue as they head to her leafy up-state hometown to meet parents Missy and Dean (Catherine Keener and Bradley Whitford). After a few days Chris feels uneasy, a sensation compounded by an alarming call from his best friend. “I’ve been doing my research and a whole lot of brothers have gone missing in that suburb,” he says. Chris wonders if his hosts are racist and deadly or just racist.

“It’s a horror movie from an African American’s perspective,” Peele told Forbes.com.

While working on the script Peele sought advice from Sean of the Dead director Edgar Wright and other genre filmmakers but says ultimately his career in comedy was the best training to make a horror film.

Making people laugh, he declares, and scaring the pants off them share a similar skill set. Both are all about pacing, reveals and both must feel like they take place in reality he says.

His love of horror dates back to watching A Nightmare on Elm Street as a teen. It was the first movie that really terrified him. Since then, he says the first sight of Hannibal Lecter in Silence of the Lambs really frightened him. “You come down the hallway, and he’s just waiting for you,” he told the New York Times. “It’s the protagonist in motion and something waiting for him, patiently and calmly. Those are so chilling to me.”

Get Out isn’t a typical horror film, however. Peele refers to it as a “social thriller,” a movie that veers away from the Nightmare on Elm Street thrills that made such an impression on him as a teen. Instead the main villain is something more insidious than even the slash-happy Freddy Kruger; it’s racial tension. He says the story is personal but is quick to add it speedily veers off from anything strictly autobiographical. Instead it is an exploration of racism in all its forms he hopes will ultimately be relatable for his audience no matter who they are.

He compares Chris’s anxiety to Sidney Poitier’s classic Guess Who’s Coming to Dinner. In that film parents, played by Spencer Tracy and Katharine Hepburn, have their attitudes challenged when their daughter introduces them to her African American fiancé. He says the uncomfortable situation of meeting in-laws for the first time is universal. “The layer of race that enriches and complicates that tension (in the film) becomes relatable,” he told GQ. “It’s made to be an inclusive movie. If you don’t go through the movie with the main character, I haven’t done my job right.”

MOVIE RATINGS by Richard Crouse

Get Out	★★★★
A United Kingdom	★★★
The Girl with All the Gifts	★★★★
I Am Not Your Negro	★★★★
Dying Laughing	★★

HOW RATING WORKS
★★★★ SEE IT
★★★ WORTHWHILE
★★ UP TO YOU
★ SKIP IT

Chris, played by Daniel Kaluuya, with girlfriend Rose, played by Allison Williams, are the protagonists in Get Out, “a horror movie from an African American’s perspective.” CONTRIBUTED

HEADLINE
COFFEE
Bringing the world to your doorstep. Every month you’ll open the door to a new supply of expertly selected and deliciously roasted coffee from around the globe. New month, new adventure. Discover this truly unique and awakening coffee experience.
Bringing the world to your doorstep.
$20/month INCLUDES SHIPPING & TAXES
BROUGHT TO YOU BY metro
Order by March 1st for early March delivery: headlinecoffee.ca

Fresh zombies are giving humanity plenty to chew on

In The Girl With All the Gifts, Gemma Arterton plays a teacher who tries ot nurture child zombie Sennia Nanua; the pair hit it off during filming (inset). CONTRIBUTED

INTERVIEW

With world in turmoil, latest brush with the undead delivers

Richard Crouse
For Metro Canada

There are as many kinds of cinematic zombies as there are zombie movies. From George A. Romero's lumbering brain eaters and the fast-moving fleshbags of 28 Days Later to the undead hordes of World War Z and The Crazies' sentient creepers, the only thing that binds them is an voracious urge to eat their living counterparts and, these days, an almost unrivalled popularity with horror fans.

It seems when the world is in turmoil people turn to zombies as an outlet for their apocalyptic anxieties. A new British film, The Girl With All the Gifts, borrows from Romero, 28 Days Later and even from The Walking Dead and yet its mix of social commentary, zippy zombies and exploding skulls doesn't feel like a re-tread.

"The zombie metaphor is humanity eating itself," says star Gemma Arterton. "This film extends that because it gives zombies, or hungries as we call them, intelligence, empathy, love and the ability to fend for themselves in a more developed way.

"I think we are in a period of time right now where there is major despair out there about what is happening. This film is poignant now, coming out now post Brexit. It feels quite relevant."

Arterton plays Helen Justineau, teacher of a group of children infected by a zombifying disease but still capable of advanced thought. In the search for a cure these kids are studied at a remote English army base.

Helen has bonded with one remarkable child, Melanie (Sennia Nanua), a youngster as lethal as the others but possessed of superior intelligence and charm. When the base is overrun by "hungries" Helen, Melanie and two others escape but not before the child shows her true colours.

"I did something bad," she says. "I ate bits of the soldiers." With the help of the world-weary Sgt. Eddie Parks (Paddy Considine) they make their way to London.

"If you talk to Mike Carey who wrote the book and the screenplay," says Arterton, who broke out as an MI6 field agent in 2008's Bond hit Quantum of Solace, "you'll find he's not only a great raconteur but he really knows what's going on with science and politics and he mixes the two together. It is such interesting conversation. He's obviously a big geek but in a really factual way."

A case in point, Arterton says, is the virus that lies at the centre of the film.

"The disease, the fungal infection is actually something that exists. There is a colony of ants in South America that have Ophiocordyceps unilateralis," she explains, diving into the science. "It's a fungal infection that infects them from the inside and then they sprout and turn into a different type of ant. Then those ants will eat the other ants to survive.

"These things happen in nature. Nature is such a strong force. I love that in this film you can see nature taking back the planet.

"We actually used some shots from Chornobyl as the London skyline because Chornobyl is this abandoned city that is completely overgrown now. We might die, but nature will be fine. The world is going to keep going without us."

Helmed by Scottish director Colm McCarthy in his first feature-length production, The Girl with All the Gifts asks difficult questions about the price of survival, capping off the story with chilling words that may — or may not — alleviate lingering zombie phobia.

"It's not all over," says Melanie, "it's just not yours anymore."

Join our Metro Reader Panel and you could win $500!*

metro Learn more at metronews.ca/panel

*No purchase necessary. Entry period is Monday, February 6, until Friday, March 31, 2017 at 11:59 pm. Odds of winning depend on total number of p... entry per person... available online at www.metronews.ca/panel.

Who will be the best of the very best?

A La La Landslide? Maybe not. Here are our selections for who will/should win. PETER HOWELL/TORSTAR NEWS SERVICE

BEST PICTURE

Will: La La Land or Moonlight
Could: Hidden Figures
Should: Moonlight
Why: The safe money is supposedly on La La Land to win, but I consider this category too close to call. Moonlight's unique coming-of-age story has so much resonance to modern times, I'm thinking — hoping — that the Academy will go for it. And Hidden Figures just might surprise everybody, much like Spotlight did last year.

BEST DIRECTOR

Will: Barry Jenkins (Moonlight) or Damien Chazelle, (La La Land)
Could: Denis Villeneuve (Arrival)
Should: Barry Jenkins
Why: If voters go La La Land for best picture, then I think they'll choose Jenkins for best director, which would significantly make him the first African-American director to win this honour. And if they choose Moonlight for Best Picture, then Chazelle for Best Director.

BEST SUPPORTING ACTRESS

Will: Viola Davis (Fences)
Could: Michelle Williams (Manchester by the Sea)
Should: Naomie Harris (Moonlight)
Why: This is the easiest Oscar to call and the toughest to endorse. Davis will win for her tremendous performance, although it's arguably category fraud: she really should be up for best actress. Williams defines strong support with her brief Manchester scenes. But Harris exceeds all stereotypes.

BEST ACTRESS

Will: Emma Stone (La La Land)
Could: Natalie Portman (Jackie) or Isabelle Huppert (Elle)
Should: Natalie Portman
Why: Front-runner Stone is all set to be the belle of the Oscars with her enchanting performance. But the inner fortitude Portman displayed as the widowed Jacqueline Kennedy impressed me more. Huppert is long overdue for an Oscar and a win is possible and deserved.

BEST ACTOR

Will: Casey Affleck (Manchester by the Sea)
Could: Denzel Washington (Fences)
Should: Casey Affleck
Why: Affleck and Washington each play tortured souls in their respective roles of defeated family men. Affleck's performance was bone deep and truly memorable; Washington's was solid yet showy. But Denzel is a two-time Oscar champ and he won at SAG this year.

BEST SUPPORTING ACTOR

Will: Mahershala Ali (Moonlight)
Could: Jeff Bridges (Hell or High Water)
Should: Mahershala Ali
Why: Ali has been the obvious choice here ever since he first wowed audiences at TIFF and other fall festivals with his deeply affecting and stereotype-busting portrayal of a fatherly drug dealer. It will be a huge upset if he loses.

Retirement is an important chapter in your life story.

Everyone has different plans and goals for retirement. With expert advice, financial planning tools, and award-winning investment options, a Scotiabank® advisor* can help you craft a customized retirement plan that will bring your dreams to life. And with our simplified approach to retirement planning, we make the conversation simple and easy. It's your life story. We're here to help you write it.

Talk to an advisor or learn more at www.scotiabank.com/future

You're richer than you think.® Scotiabank®

® Registered trademarks of the Bank of Nova Scotia.
* In Quebec: your Scotiabank Investment and Personal Banking Specialist or your Scotia Securities Inc. Mutual Fund Representative.

metro TRAVEL

Your essential daily news

Fans crowdfunding $1.25M for lighting bolt sculpture to commorate David Bowie in London

Met offers exercise amid art

PERFORMANCE

MetLiveArts hosting classes three years in the making

New York City's cavernous Metropolitan Museum of Art has been holding lively morning workout sessions this winter amid its prized masterpieces.

The 45-minute Museum Workout sends people in exercise attire chugging through 35 galleries, past paintings, sculptures, armour and other treasures, before the venerable Fifth Avenue institution opens to the public.

On a recent morning, an overnight snowstorm didn't deter the 15 people who'd signed up for the session.

It started with a warmup: calf stretches in the museum's grand limestone entrance and an easy jog out to the Bee Gees' hit Stayin' Alive. Then came the speedy trek through the galleries and up the preserved ornate staircase of the 19th century Chicago stock exchange.

There were squats in front of John Singer Sargent's Portrait of Madame X, balancing on one leg before Henry VIII's rigid armour, a yoga pose before a bronze nude of the Roman hunting goddess Diana, and jumping jacks in-between, all to a soundtrack of disco and Motown hits.

Why bother travelling to a Manhattan museum — some did, from Pennsylvania, Kentucky and even California — just to exercise?

An exercise group lies in a yoga post at the feet of a bronze statue of Diana, Roman goddess of the hunt. THE ASSOCIATED PRESS

"This offers you amazing moments," said participant Oliver Ryan, who runs a New York corporate wellness company. "We did our first stretch, and there in the vast gallery was Perseus holding the head of Medusa. What hit me was this was the TV of ancient times, a frozen moment from a story everyone knew."

The Met commissioned the innovative Monica Bill Barnes Dance Company for the project. It was choreographed by the two women leading the workout — Monica Bill Barnes herself and her dance partner, Anna Bass — along with Robert Saenz de Viteri, the company's creative producing director.

Bass said the team worked "obsessively" calculating how to keep a safe distance from the artworks. That means no wild swinging of arms or legs, and exercising a minimum of three feet or so from any treasure.

Leading scantily clad, pumped up bodies around the artworks "really runs against the culture of being in a museum, being quiet and being still and walking slowly," said Barnes.

"We're in the business of making strange things," she added with a wry smile, "bringing dance where it doesn't belong."

De Viteri helped guide the workout session in a vintage tuxedo and sneakers, holding a laptop attached to a speaker that channeled music and recorded narration by artist and author Maira Kalman, who selected the art and gallery route.

"Something very physical happens to me when I'm in a museum. I get this rush of excitement, this kind of tingle of mad, passionate arousal," Kalman's recorded voice said as the group did side-stretches in front of a stern-looking bust of Benjamin Franklin.

The workout ends with everyone lying on their back, eyes closed, on the floor of the Met's luminous American wing. This yoga pose, called savasana, is meant to release tension from mind and body while absorbing the benefits of the dynamic exercises. Rising over the human stillness is Augustus Saint-Gaudens' ancient goddess — the resplendent, gilded Diana, about to release her arrow.

The first sessions, from Jan. 19 through Feb. 12, were sold out months ago. The interest was so intense that more were added, through March 9, and they're also sold out. Participants, both men and women, have ranged in age from 13 to 85.

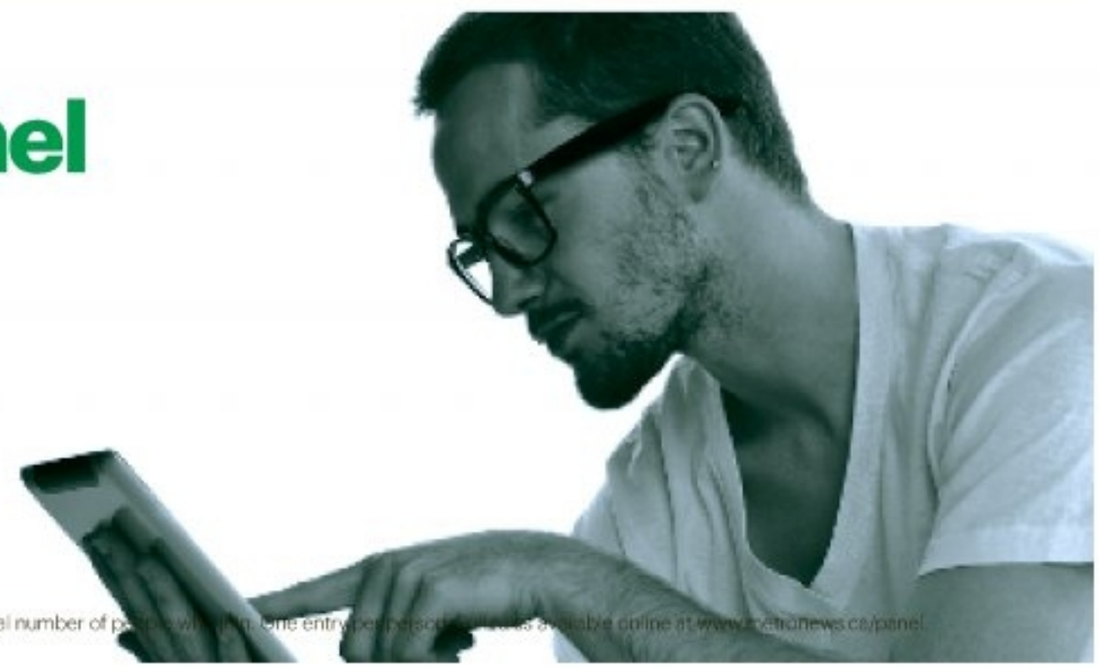
Museum officials say there are no immediate plans for a future staging of what is essentially a "performance piece" that took three years to create, with each participant movement matching music and visuals moment by moment.

The Museum Workout was commissioned by the museum's MetLiveArts performance series and partly funded by the Jerome Robbins Foundation and One World Fund.

THE ASSOCIATED PRESS

Join our Metro Reader Panel
and you could
win $500!*

metro Learn more at metronews.ca/panel



*No purchase necessary. Entry period is Monday, February 6, until Friday, March 31, 2017 at 11:59 pm. Odds of winning depend on total number of p[illegible] entry [illegible] available online at www.metronews.ca/panel

EXHIBITION

Show paints Vermeer as borrower

His luminous strokes produced masterpieces like Girl with a Pearl Earring.

But Vermeer, the unique jewel in Dutch painting's crown, copied ideas from his contemporaries like every other artist, argues a new major exhibit at the Louvre Museum in Paris that opened Wednesday.

Five years in the making, Vermeer and the Masters of Genre Painting presents a third of the Dutch Golden Age master's complete opus to the public. It is the biggest such collection of the old master's work in Europe in almost two decades.

It shows that, however revolutionary some elements of his paintings were, Vermeer also heavily borrowed from his rivals.

"In a way, Vermeer is not very original because he picks ideas from different contemporaries. His themes are very classical — music-making, lacemaking — that's been done before," curator Blaise Ducos said on Tuesday during a preview of the show.

Ducos said the genius of Vermeer, who died at 43 and produced just 36 paintings, can be seen in how he transformed rehashed themes and techniques.

"He has a distinct, specific psychology. I think there is a mood in Vermeer that you do not find in other paintings," Ducos said.

A visitor takes a photo of The Milkmaid at the Louvre's exhibition Vermeer and the Masters of Genre Painting. GETTY IMAGES

Vermeer's 12 oil paintings in the show, including The Milkmaid on loan from Amsterdam's Rijksmuseum, are hung side-by-side with 58 similar works by his 17th-century rivals such as Gerrit Dou and Garard ter Borch.

The exhibit also aims to dispel the widely-held belief that Vermeer was sedentary and seldom left the Dutch town of Delft.

"The show here presents another story ... all the refined paintings here prove that he must have been in touch directly with other paintings and other painters, so both in studios and collectors' mansions," said Ducos. "He must have travelled inside the Netherlands."

The exhibit runs to May 22 at the Louvre and will travel to the National Gallery of Art in Washington D.C. in the fall. THE ASSOCIATED PRESS

Spring Break in Fort Lauderdale!

One Way Fares as Low as $55

See website for details

Winter in Florida • Family vacation • Business travel • Spring break • Weekend getaway

DIRECT FLIGHTS
- 4x per week, no stops: OGS to Orlando or Fort Lauderdale, FL (Allegiant Air)
- Daily: OGS to Albany, NY (no stops) with option to connect to Boston, MA (Cape Air)

AFFORDABLE PRICES
- Low cost airfare: save hundreds by booking and paying online
- Affordable short-term parking rates (US $8 per day)
- Easy extended stay parking—indoor, secure, snow-free (30 days, prepaid US $180)

QUICK COMMUTE
- About 60 min from Ottawa, ON, Cornwall, ON or Gatineau, QC
- About 50 min from Manotick, ON or Winchester, ON
- About 35 min from Brockville, ON or Kemptville, ON

DIRECT • AFFORDABLE • QUICK

OGS Ogdensburg International Airport

Ogdensburg International Airport
5900 St. Hwy 812
Ogdensburg, NY 13669

Book your direct flight today at www.OGSAir.com

Once a year Clearout Sale

Selloff vacations.com

Hundreds of all inclusive vacations now **deeply discounted!**

613 563 0231
251 Laurier Avenue West

Ottawa departures. The Once a year clearout sale is a limited time sale and applies to new bookings only. Offer cannot be combined with any other offer or promotion. To qualify for the offers you must call or visit a store. This offer is subject to change and can be withdrawn at any time without prior notice. All transportation taxes and related fees must be prepaid. Local taxes payable at the destination are extra (if applicable). Inflight service varies according to flight times and airline. While all reasonable efforts are taken to ensure the accuracy of the information in the ad, SellOffVacations.com accepts no responsibility for actions, errors and omissions arising from the reader's use of this information howsoever caused. SellOffVacations.com, a division of Sunwing Vacations Inc., 27 Fasken Drive, Toronto, Ontario Canada M9W 1K6. TICO Reg. # 4276176 British Columbia license #39606 Quebec Permit # 702928.

metro SPORTS

The 168 MLB players eligible for arbitration averaged a 113 per cent raise with Wil Myers landing the biggest pay increase ($523,900-$13.8 million)

Basketball, soccer provide escape for Syrian children

REFUGEES

Sports help ease pain of displacement

Every Sunday, the gymnasium along Beirut's airport highway echoes with the shouting and laughter of dozens of Syrian children enjoying a rare escape from a grim and confined life in exile.

The Sport 4 Development program, run by the UN children's agency, aims to bring 12,000 children, mostly Syrian refugees, to blacktops and turf pitches this year to teach the basics of soccer and basketball, and to ease the pain of war and displacement.

"We try to get them out of their stressful environments and the frights that they've lived through," said Maher Nakib, 40, the technical director of Hoops Lebanon, the sports association behind the project.

Of the one million Syrian refugees the UN says are living in Lebanon, more than half are under 18 years old. Syrians here face legal and other forms of discrimination, and many parents are hesitant to let their children play outside in the crowded alleys of Beirut's poorer neighbourhoods, where most of the refugees live.

The month-long Hoops program provides a safe environment where the children can blow off steam, as well as learn self-confidence and teamwork.

"They come back home and they're too tired to fight," smiles Fatima Tayjan, a refugee from the Syrian city of Aleppo who has enrolled three of her four children in the program. When her family of six returns home to their crowded two-bedroom apartment, the children have "released all their energy and they are ready to talk to each other," she said.

> **Children won't necessarily express themselves unless you give them an outlet, and sports are an excellent medium to do so.**
>
> Maher Nakib, Hoops Lebanon

Maram al-Malwa, a 17-year-old paid volunteer who came up in the program, recalls her own feelings of isolation when she and her family fled from Aleppo to Lebanon five years ago. "It was a new country, even a new accent," she said.

But now she is irrepressible, rising on the balls of her feet when she speaks and helping coaches reach through to children in the group activities. She is one of a handful of the children pulled aside for a six-month mentorship on leadership and coaching.

"You grow, you experience victories, setbacks, you learn to fight for yourself, and you become more confident," she said.

Staffers are trained to identify struggling children, those who lash out and those who retreat into their shells. Psychologists meet with parents weekly to discuss healthy relationships and domestic violence.

The group sessions often bring to light domestic disputes, learning disabilities or experiences of sexual violence. The children are then referred to specialized non-governmental organizations for further support.

On a recent Sunday, the children lined up to dribble through cones, shoot layups and learn cheers and stretches.

"You see a lot of cases of shyness or stubbornness, and you immediately see them change when they're here," al-Malwa said. "I feel like I'm responsible, like I'm in charge of a group."

THE ASSOCIATED PRESS

ABOVE: Syrian refugee girls play basketball in Beirut, Lebanon.

LEFT: Syrian refugee boys scream during a soccer training session.

HUSSEIN MALLA/THE ASSOCIATED PRESS

IN BRIEF

Northern Ontario clings to playoff hope at Scotties

Northern Ontario's Krista McCarville beat the defending champions at the Canadian women's curling championship Thursday to stay in the hunt for playoffs.

McCarville downed the Chelsey Carey team from Calgary 8-4 as Northern Ontario improved to 6-3 with two games remaining in the round robin.

Prior to Thursday night's draw, Ontario's Rachel Homan (10-0) and Manitoba's Michelle Englot (9-1) had already earned playoff berths.

THE CANADIAN PRESS

Raps trade for help on wing

The Toronto Raptors have acquired guard/forward P.J. Tucker from the Phoenix Suns for forward Jared Sullinger and two second-round draft picks.

The deal gives Toronto depth at the wing position that was depleted when Terrence Ross was sent to Orlando last week in the trade that brought power forward Serge Ibaka to the Raptors. THE CANADIAN PRESS

Foxes fire manager Ranieri

Claudio Ranieri was fired as the manager of Leicester on Thursday, nine months after guiding the club to the most improbable title triumph in Premier League history.

Leicester is a point above the relegation zone after 25 games of a woeful title defence. THE ASSOCIATED PRESS

NOW HIRING
GREAT CONTACT CENTRE OPPORTUNITIES!
Call Centre Representatives
• Guaranteed hourly wage
• Daily and weekly performance bonuses
• Paid every Friday
• New State of the Art Call Center
• Located in Downtown Ottawa near Gatineau
• Advancement opportunities
• Full time and Part time available
• 20 Full-Time & 10 Part-Time Positions Available
iMARKETING
FLUENT ENGLISH IS A MUST!
Contact Keith O'Connell
Phone: 1-800-210-8579 ext. 291
Email: keith.oconnell@imkgp.com

MAKE IT TONIGHT

Creamy Broccoli and Cheese Soup

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

A generous serving of cheddar gives this vegetarian soup a satisfying creaminess.

Ready in 35 minutes
Prep time: 10 minutes
Cook time: 25 minutes
Serves 4

Ingredients
- 4 cups broccoli florets and stem (cut off tough ends) chopped fairly small
- 1 onion chopped
- 2 cups chopped, peeled potato
- 2 cloves garlic minced
- 1 glug olive oil
- 4 cups stock (vegetable or chicken, low sodium)
- 1 1/2 cups milk
- 1 cup grated cheddar
- 1/4 cup grated Parmesan
- salt and pepper to taste

Directions

1. Sauté onion and garlic in a Dutch oven or other large, heavy-bottomed pot for about 5 minutes until soft.

2. Add vegetables and stock and allow to simmer for about 20 minutes until the vegetables are tender.

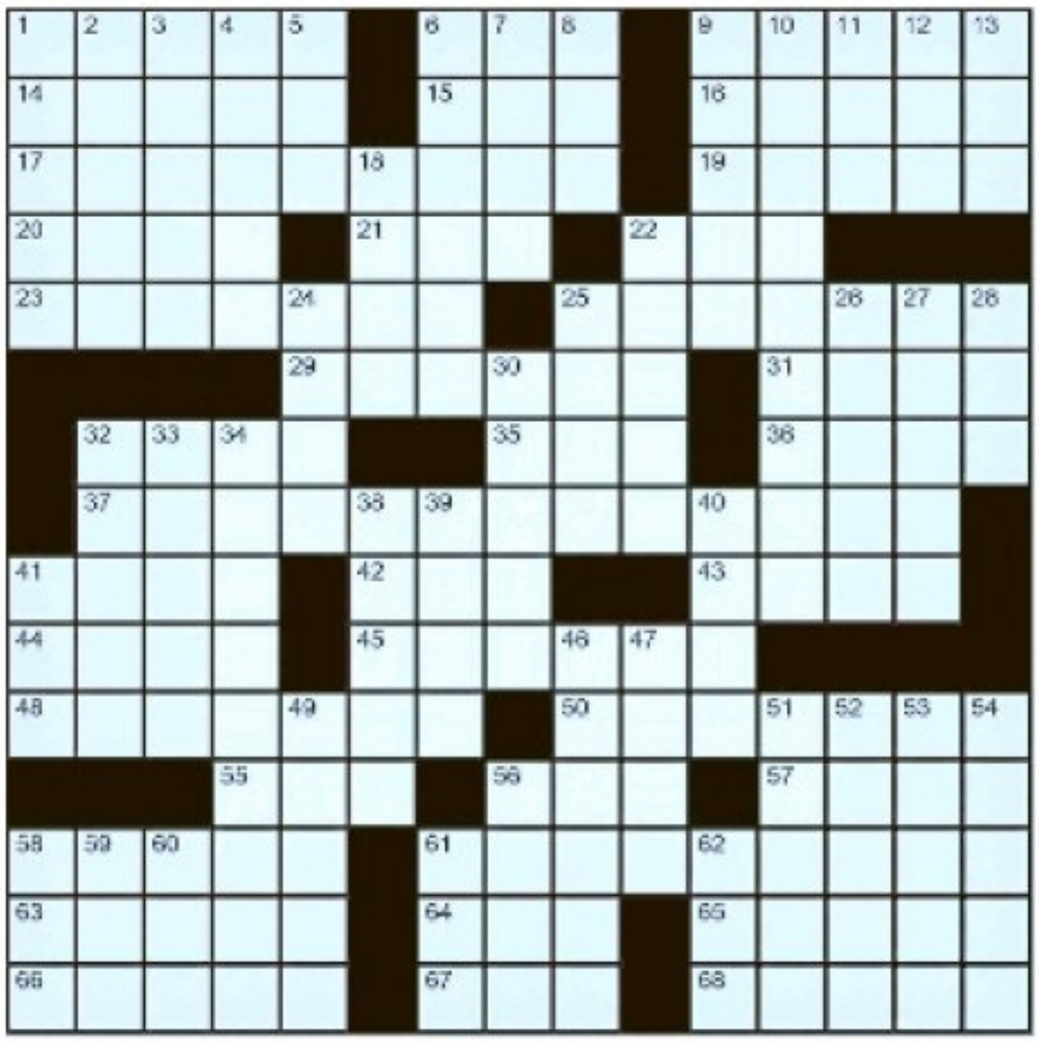
3. In small batches, ladle the broth and vegetables into your blender and purée. Pour each batch into a bowl as you go. Pour the puree back into your pot.

4. Over medium heat add milk and cheese and stir until the cheese melts. Add salt and pepper to taste.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Analyze
6. Sit-ups targets
9. Prepare mentally
14. '-Z' Camaro models
15. Six: Italian
16. Writer Charles' bookish surname
17. Oscars 2017! Canadian nominee in the 'Short Film (Animated)' category, "__ and Cigarettes" (2016)
19. Comic strip, Li'l __
20. "..__ __ tete, Alouette..."
21. Movie __
22. Dietary letters
23. Certain conifer: 2 wds.
25. Oscars 2017! Shine on the red carpet: 3 wds.
29. Appears, like an online ad: 2 wds.
31. Tick __..
32. Gov. agents
35. Three: Italian
36. Obi accessory
37. Oscars 2017! In Sci-Fi flick "Arrival" (2016), Amy Adams' character, a linguistics professor, translates it: 2 wds.
41. Lines giver
42. Standard stat.
43. Genetic messengers, commonly
44. Twice's half
45. Conforming, __ the line
48. Oscars 2017! Do this to experience the show from home: 2 wds.
50. Regina-born actor Leslie
55. Mattel product
56. Oscars 2017! __., Feb. 26th
57. Virginia willow
58. Oscars 2017! Be part of the movie's cast: 2 wds.
61. Oscars 2017! Gala party catered by Wolfgang Puck, __ Ball
63. Ring up
64. Yalie
65. Hair dye brand
66. Like lemons
67. Albanian currency
68. Genuflect

DOWN
1. Oscars 2017! Canadian filmmaker Alan Barillaro's nominated work in the category at #17-Across
2. Mountain ridge
3. Writer Mr. Dahl
4. Combat
5. Keyboard key
6. Comparably downwardly-dug: 2 wd.
7. Red veggie
8. Formally fine fellow
9. Oscars 2017! Red carpet designer name
10. Oscars 2017! Ryan Gosling's Oscar-nominated role in "La La Land" (2016)
11. PBS chef Martin
12. Alphabetic trio
13. HRH part
18. Money Object link: 2 wds.
22. Fasten anew
24. __ dixit (Unproven claim)
25. Singe
26. Friendly Islands
27. Land units
28. Old Hollywood studio
30. Oscars 2017! Host Jimmy Kimmel's platform
32. Flora's friend?
33. Vote in
34. Oscars 2017! Category in which Canadian filmmaker Denis Villeneuve is nominated for "Arrival" (2016)
38. Dapper
39. Ukraine city, to Russians
40. Encourage
41. Moo-er
46. Northwest Territories town
47. Three squared
49. Tea sweetener
51. __ closet
52. Stock
53. Spooky
54. Rhinal
56. Exclusive
58. Fitting
59. Steeped beverage
60. Big load, States-style
61. Congeal
62. 1960s Pres. sibling

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
This is a marvelous day to schmooze with others. Enjoy the company of friends, and in particular, enjoy the company of groups. People are warmhearted today.

Taurus April 21 - May 21
You look good to others today. In part, people see that you are ready to show your affection for others, and they like this. (Of course they do — everyone wants to be loved and appreciated.)

Gemini May 22 - June 21
Travel for pleasure will appeal to you today. This also is a good day to mingle with people from different backgrounds and other cultures.

Cancer June 22 - July 23
It will be easy to take part in discussions about inheritances and shared property today, because people are in a good mood. In addition, they feel cooperative and generous. (That's all you need.)

Leo July 24 - Aug. 23
Relations with others are very positive today. Entertain at home. Don't hesitate to let others know how much you care for them.

Virgo Aug. 24 - Sept. 23
This is a good day at work because coworkers are supportive. You also might see ways to make your workspace look and feel more attractive.

Libra Sept. 24 - Oct. 23
This is a great day for a date or any kind of social outing. Enjoy sports events and playful activities with children. Whatever interactions you have today will be warm and rewarding.

Scorpio Oct. 24 - Nov. 22
Entertain at home today. Invite the gang over for good food and drink! Discussions with female family members will be positive and warm.

Sagittarius Nov. 23 - Dec. 21
All your communications with others today will be upbeat and affectionate. This is a strong day for writers and salespeople, as well as those of you who teach or act.

Capricorn Dec. 22 - Jan. 20
You can boost your income today, because this is a financially favorable day. If shopping, you will want to buy beautiful things for yourself and loved ones.

Aquarius Jan. 21 - Feb. 19
This is a positive, feel-good day because the Moon is in your sign, dancing nicely with Venus. Enjoy schmoozing with others.

Pisces
Feb. 20 - March 20
Work alone or behind the scenes today, because you feel content and happy with the world. You want to take some time just for you, and why not? Find a comfy place and enjoy your favorite drink.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

		5	7		2		8	
					1	3		2
2				4			1	
6							7	8
		7				1		
5	4							6
	2			1				7
4		1	8					
	3		4		6	9		

©2014 Conceptis Puzzles, Ltd. by King Features Syndicate, Inc.

YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games

7	4	1	3	5	6	9	2	8
3	6	9	2	8	7	5	1	4
2	8	5	9	1	4	3	6	7
5	7	6	8	3	2	1	4	9
1	9	2	7	4	5	6	8	3
8	3	4	1	6	9	7	5	2
9	1	8	5	2	3	4	7	6
6	5	7	4	9	8	2	3	1
4	2	3	6	7	1	8	9	5

$1,800 WEIGHT LOSS GRANT
Have More than 20 lbs to Lose? Apply Today!
www.weightlossgrants.org
Visit www.weightlossgrants.org for full details.

ANIMAL DEFENCE LEAGUE OF CANADA

P.O. Box 3880, Stn. C
Ottawa, Ontario
K1Y 4M5
ncf.ca/animal-defence

BE KIND TO ANIMALS. Don't exploit them.

Help us support non-animal-using biomedical research to replace experiments on dogs, horses, goats, pigs and other animals. We promote vegetarianism, comprehensive legislation to protect animals, and spaying/neutering of cats/dogs to prevent their homelessness.

Become a supporter/member.

MEMBERSHIP: Annual $15 -- Life $75

Donations to offset the cost of this ad gratefully received.

We are a non-profit organization working to reduce animal suffering.